



Township of Ocean Schools

Assistant Superintendent
Office of Teaching and Learning

SPARTAN MISSION:

Meeting the needs of all students with a proud tradition of academic excellence.

Curriculum Documents

School: Elementaries

Course: Physical Education – Grades 6 - 8

Department: Physical Education

Supervisor: James Maliff

Board Approval	Supervisor	Notes
July 2009	Candy Vasta	Update Standards
June 2015	Candy Vasta	Update Standards
December 2017	James Maliff	Update Standards

Home of the Spartans!
#spartanlegacy



Township of Ocean Intermediate School (grades 6/7/8)
Comprehensive Physical Education
Curriculum Map

Week	1	2	3	4	5	6	7	8	9	10
	Badminton (Team Activities/Movement Education) CV Fitness/Running (Individual Activities/Wellness) Fitnessgram/Fitness (Movement Education/Wellness) Football (Team Activities/Movement Education) Games/Cooperative Games (Team Activities/Movement Education/Cooperative Games) Playground games (Individual Activities/Wellness) Soccer (Team Activities/Movement Education)									
Week	11	12	13	14	15	16	17	18	19	20
	Basketball (Team Activities/Movement Education) Dance (Individual Activities/Wellness/Movement Education) Floor Hockey/Scooters (Team Activities/Movement Education) Games (Team Activities/Movement Education/Cooperative Games) Team Handball (Team Activities, Movement Education) Hoops/Jump rope for Heart (Wellness) Volleyball (Team Activities/Movement Education) Yoga (Individual Activities/Movement Education/Wellness)									
Week	21	22	23	24	25	26	27	28	29	30
	Top Challenge Fitness Testing (Movement Education/Wellness) Basketball (Team Activities/Movement Education) Dance (Movement Education/Wellness) Fitness/Jump Rope (Individual Activities/Movement Education/Wellness) Floor Hockey/Scooters (Team Activities/Movement Education) Volleyball (Team Activities/Movement Education) Yoga (Wellness/Movement Education)									
Week	31	32	33	34	35	36	37	38	39	40
	CV Fitness/Running (Wellness/Movement Education) Football (Team Activities, Movement Education) Games/Lacrosse (Team Activities, Movement Education) Playground Games (Individual Activities/Wellness) Soccer (Team Activities, Movement Education) Games/Ultimate Frisbee (Movement Education/Wellness)									

Township of Ocean Intermediate School
Physical Education Curriculum
Grades 6, 7, 8

Unit I	Wellness
Essential Questions	
<ul style="list-style-type: none"> ➤ How can Middle School Physical Education lead to a lifetime of “wellness?” ➤ Why are wellness activities essential to a Middle School Physical Education program? ➤ Why are wellness activities an important part of a healthy lifestyle? ➤ How can fitness activities be incorporated into wellness activities? 	
Enduring Understanding	
<ul style="list-style-type: none"> ➤ Maintaining a healthy lifestyle improves the quality of life. ➤ Lifetime activities complete the health triangle; physical, emotional, and social health. ➤ Teaching of wellness activities will carry over to activities outside of school’s physical education classes. ➤ Understand participating in wellness activities has a positive effect on the body systems. ➤ Wellness activities can lead to development of a fitness plan. ➤ Participating in wellness activities in Middle School will lead to enjoyment of lifetime activities. 	
NJSLS	2.6.6.A 2.6.8.A 2.1.8.A 2.1.8.B 2.2.6.B 2.2.8.B
Key Concepts and Skills	
<ul style="list-style-type: none"> ➤ The students will demonstrate an understanding of the basic skills and rules of: playground games, running, wall ball, four squares, hopscotch, beach volleyball, and ultimate Frisbee, as well as fitness activities. ➤ The students will have the opportunity to increase coordination, gross motor skills, physical strength, cardio-vascular endurance, eye-hand and eye-foot coordination, balance, flexibility, posture, and master activity specific skills. ➤ The students will have the opportunity to see how improved physical health positively impacts emotional and social health. ➤ The students will have the opportunity to see how improved overall health improves self-esteem. 	
Learning Activities	
<ul style="list-style-type: none"> ➤ Skill development. ➤ Drill acquisition. ➤ Knowledge of rules. ➤ Knowledge of sportsmanship. ➤ Lifetime activities to include dynamic and static warm-ups. 	
Assessments	
<ul style="list-style-type: none"> ➤ Individual assessment- skill improvement. ➤ Group assessment- game play. ➤ Ability to officiate own game play. 	

Township of Ocean Intermediate School
Physical Education Curriculum
Grades 6, 7, 8

Unit II	Movement Activities
Essential Questions	
<ul style="list-style-type: none"> ➤ How are movement activities related to one’s social and emotional health? ➤ How are the body systems affected by a daily fitness program? ➤ What is the purpose of a dynamic warm-up? ➤ What are static stretches and what is their purpose? ➤ How long should a Middle School student be active daily? ➤ During a movement activity session is it important to increase one’s heart rate and why? ➤ What is a target heart rate? ➤ Can movement activities be enjoyable? ➤ Why are core exercises vital to over-all fitness? ➤ Can a sound fitness program improve balance and posture as well as strength and coordination? 	
Enduring Understanding	
<ul style="list-style-type: none"> ➤ Maintaining a healthy fitness program will lead to a healthy lifestyle. ➤ Maintaining a healthy fitness lifestyle will help to offset disease and obesity. ➤ Fitness is vital to heart health. ➤ Fitness will help increase gross motor skills, eye-hand and eye-foot coordination, and cardio-vascular endurance. ➤ Fitness will help improve posture and balance. ➤ Fitness activities and a healthy lifestyle can be fun and enjoyable. 	
NJSLS	2.5.6.A 2.5.6.A 2.5.8.A 2.5.8.C 2.6.6.A
Key Concepts and Skills	
<ul style="list-style-type: none"> ➤ Students will have an understanding of the fundamental concepts related to effective execution for participation in games and movement activities. ➤ The students will have the opportunity to increase coordination, gross motor skills, physical strength, flexibility, cardio-vascular endurance, eye-hand and eye-foot coordination, balance, and posture and effectively analyze one’s own performance as well as receive constructive feedback from others. ➤ The students will have the opportunity to see how improved physical health positively impacts emotional and social health. 	
Learning Activities	
<ul style="list-style-type: none"> ➤ Skill development. ➤ Drill acquisition. ➤ Knowledge of rules. ➤ Knowledge of sportsmanship. ➤ Fitness activities to include dynamic and static warm-up stretches. 	
Assessments	
<ul style="list-style-type: none"> ➤ Charted improvements to running times. ➤ Top fitness scorecards. ➤ Group Assessment- game play. ➤ Individual assessment- skill improvement. 	

Township of Ocean Intermediate School
Physical Education Curriculum
Grades 6, 7, 8

Unit III	Cooperative Activities
Essential Questions	
<ul style="list-style-type: none"> ➤ Why is working cooperatively essential in life? ➤ What are the required skills needed in order to effectively work cooperatively in a group? ➤ How can applying the skills of building communication and trust be used in your own life? 	
Enduring Understandings	
<ul style="list-style-type: none"> ➤ Fostering communication skills through partner and group challenges. ➤ Fostering trust skills through partner and group challenges. ➤ Identifying challenges while working with other individuals. ➤ Creating solutions to overcome the present challenges and completing the task at hand. 	
NJSLS	2.5.6.B.1 2.5.6.B.2 2.5.8.B.1 2.5.8.8.2 2.5.8.B.3 2.2.6.B.1 2.2.8.B.2 2.6.8.A.4
Key Concepts and Skills	
<ul style="list-style-type: none"> ➤ The student will demonstrate an understanding of working cooperatively with other students in class. ➤ The student will have the opportunity to increase gross motor skills while performing cooperative activities. ➤ The student will learn to work within a group dynamic. ➤ The student will learn health related decisions when working within the group. ➤ The student will learn that working together and effectively pursuing a common goal with enhance personal performance as well as fitness levels. 	
Learning Activities	
<ul style="list-style-type: none"> ➤ Skill development. ➤ Drill acquisition. ➤ Knowledge of rules. ➤ Knowledge of sportsmanship. ➤ Fitness activities to include dynamic and static warm-up stretches. 	
Assessments	
<ul style="list-style-type: none"> ➤ Group assessment. ➤ Ability to officiate and govern their own movement activities as well as games. 	

Township of Ocean Intermediate School
Physical Education Curriculum
Grades 6, 7, 8

Unit IV	Individual Activities
Essential Questions	
<ul style="list-style-type: none"> ➤ Why is skill development important to individual activities? ➤ Is enjoyment vital to an active lifestyle? ➤ How do individual fitness activities contribute to a healthy lifestyle? ➤ Can an active and healthy lifestyle contribute to a successful life? ➤ Why is practice important even to individual activity? ➤ What type of practice is key to success? 	
Enduring Understandings	
<ul style="list-style-type: none"> ➤ To improve skill level you must practice that particular skill based on instruction and feedback. ➤ Practice is about quality time. ➤ Improvement in individual skills can lead to higher self esteem. ➤ Increased self esteem can aid in better decision making and problem solving skills. ➤ Increased self esteem can lead to a more confident individual. ➤ Self esteem, confidence, good decision making and problem solving skills can help head to an active and healthy lifestyle. 	
NJSLS	2.5.8A 2.5.6.B 2.5.8.B 2.5.6.C 2.5.8.C 2.6.8.A
Key Concepts and Skills	
<ul style="list-style-type: none"> ➤ The students will demonstrate an understanding of the basic skills and rules of: badminton, yoga, jump rope and running. ➤ The students will have the opportunity to increase coordination, gross motor skills, physical strength, cardio-vascular endurance, eye-hand and eye-foot coordination, balance, flexibility, posture and specific skills necessary for success. ➤ The students will have the opportunity to see how improved physical health positively impacts emotional and social health. ➤ The students will have the opportunity to see how improved overall health improves self-esteem. 	
Learning Activities	
<ul style="list-style-type: none"> ➤ Skill development. ➤ Drill acquisition. ➤ Knowledge of rules and sportsmanship. 	
Assessments	
<ul style="list-style-type: none"> ➤ Individual assessment- skill improvement. ➤ Improvement to running times. 	

Township of Ocean Intermediate School
Physical Education Curriculum
Grades 6, 7, 8

Unit V	Team Activities
Essential Questions	
<ul style="list-style-type: none"> ➤ Why is teamwork important? ➤ What are the roles associated with teamwork? ➤ Is it important to identify roles in a team? ➤ How does positive team reinforcement affect oneself and other team members? ➤ How is skill development vital to a team? ➤ How vital is one's own skill development to the success of a team? ➤ How important is communication in developing a successful team unit? ➤ Why is it important to clarify rules to all team members? ➤ How does teamwork aid in the decision making process? ➤ What types of problems are solved when working as a team? ➤ Is sportsmanship essential to a cohesive team unit? 	
Enduring Understandings	
<ul style="list-style-type: none"> ➤ Teamwork is vital to success within a group. ➤ Development of skills helps improve team success. ➤ Communication amongst team members enhances decision making skills and promotes problem solving. ➤ Roles of team members will be defined. ➤ As working as a unit improves, one's own life skills (decision making and problem solving) will be enhanced. ➤ Positive sportsmanship is vital to success as a unit. ➤ Learning to play by the rules will be carried over to other components of life. ➤ Creating a sense of fairness amongst team members brings an understanding of equality in life. 	
NJSLS	2.5.6.B 2.5.8.B 2.5.6.C 2.5.6.C 2.5.6.C 2.5.8.C 2.6.8.A
Key Concepts and Skills	
<ul style="list-style-type: none"> ➤ The students will demonstrate an understanding of the basic skills and rules of: cooperative games, football volleyball, basketball, floor hockey, lacrosse, team handball, and soccer. ➤ The students will have the opportunity to increase coordination, gross motor skills, physical strength, cardio-vascular endurance, eye-hand and eye-foot coordination, and master sport specific skills. ➤ The students will have the opportunity to work on and improve decision making skills within a group. ➤ The students will have the opportunity to learn to resolve problems within a group. 	
Learning Activities	
<ul style="list-style-type: none"> ➤ Skill development. ➤ Drill acquisition. ➤ Knowledge of rules and sportsmanship. ➤ Game play. 	
Assessments	
<ul style="list-style-type: none"> ➤ Group assessment- game play. ➤ Individual assessment- skill improvement. 	